



What you can do at home

1. Protect your children from tobacco smoke at all times.
2. If you smoke, quit! You will feel better and so will your children. To help you, free Quit Kits are available by calling 1-800-537-5666.
3. Until you quit, do not smoke around your children. Smoke out-of-doors and away from your children.
4. Until you quit, do not smoke where children can see you. If children see you smoke, they may come to believe that smoking is a healthy behavior.
5. Quitting can be difficult, but don't quit quitting! Call 1-800-480-7848 for free help.
6. Call the EPA for a Smoke-Free Home Pledge at 1-866-SMOKE-FREE. Learn how to make your home smoke-free.

What you can do about child care

1. Choose child care carefully.
2. Express your concern that you don't want your children exposed to secondhand smoke.
3. If smoking is allowed, you have the right to look for healthier child care options for your child.

Remember: Children exposed to tobacco smoke can become ill.

Therefore: Protecting children from tobacco smoke is good medicine. Your child's health depends on it.

FOR MORE INFORMATION, CONTACT:

- Your family doctor or your child's doctor.
- Michigan Department of Community Health
Health Promotions & Publications
Tobacco Section
3423 N. Martin L. King, Jr. Blvd.
P.O. Box 30195
Lansing, Michigan 48909
(517) 335-8376
- Michigan 4C Association
Community Coordinated Child Care
839 Centennial Way
Lansing, Michigan 48917
1-800-950-4171

FREE QUIT KITS ARE AVAILABLE.
TO GET ONE, CALL:

1-800-537-5666

**For Free Help with Quitting, Call
1-800-480-7848**

*Michigan Department
of Community Health*



**Jennifer M. Granholm, Governor
Janet Olszewski, Director**

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A note for parents on
**Smoking
Around
Children**



DID YOU KNOW THAT CHILDREN EXPOSED TO TOBACCO SMOKE SUFFER?

Tobacco smoke contributes to 150,000 to 300,000 respiratory infections in babies every year. These infections are the cause of 7,500 to 15,000 hospital stays annually.

- It causes a higher rate of throat infections.
- It causes up to 26,000 new cases of childhood asthma every year.
- It may cause a permanent decrease in lung function.
- It causes up to 80 percent more wheezing, coughing, and production of sputum than normal.
- It leads to more repeated ear infections.

IF SMOKING IS ALLOWED IN YOUR HOME OR WHERE YOUR CHILD IS IN CARE, READ THIS.

Secondhand Tobacco Smoke

It is well known that smoking is dangerous to health. It causes death from cancer, heart disease, and lung disease. Secondhand smoke may cause children to develop asthma or cause more severe

asthma attacks in children who already have asthma. Secondhand smoke is harmful to everyone.

Secondhand smoke has two phases. It is a combination of exhaled smoke from a smoker and smoke from the burning end of a cigarette. The first phase of secondhand smoke is a blue-gray cloud made up of many harmful chemicals such as arsenic, cyanide, and tar.

You can't see the second phase of secondhand smoke. It does, however, hang in the air long after the first phase goes away. That phase also contains chemicals that are harmful to everyone — especially children.

If you smoke

If you smoke in your home or car, your child is breathing in your smoke. Studies show that nicotine from secondhand smoke can be found in your child's urine.

Your child's lungs undergo important growth during the first two years of life. If an infant regularly breathes secondhand smoke, it may hurt lung growth and may cause a permanent decrease in lung function.



Smoking by the mother is also associated with Sudden Infant Death Syndrome (SIDS), the main cause of death in babies between one month and one year of age.

Smoking, child care, and the law

In choosing a child care provider, there is much to consider. Make sure the house is smoke free, especially if they are not licensed.

The Michigan Clean Indoor Air Act protects children who attend licensed child care centers from exposure to tobacco smoke. This law prohibits smoking on the grounds of child care centers, inside the centers, and in all related buildings.

Children in family or group day care homes are given some protection by a law that prohibits smoking when children are present. (Providers must also notify parents if they smoke in their homes when children are not present.)

However, your child may be cared for in an unregulated home. It is up to you to find out if people smoke at the home where your child is in care. A healthy environment for your child is your responsibility. It is also your right.